secured at calorie-intakes of from 180 – 360 Kcals/day, and the psychological state of the patients was best at a calorie intake of 180 – 240 Kcals/day.

I claim:

1. A method for treating obesity in which an individual ingests on a daily basis a dietary formulation which comprises:

a. all the minerals required by man;

b. proteinaceous material selected from at least one member of the class consisting of:

i. a mixture of monomeric L-aminoacids, and

ii. natural proteins, and

iii. natural proteins reinforced with at least one monomeric L-aminoacid; and

c. digestible carbohydrate;

characterized in that the smallest amont of the dietary formulation containing at least the minimum daily requirements of each of the minerals required by man, including at least 800 mg calcium, 800 mg phosphorous, 140 μg iodine, 10 mg iron and 350 mg magnesium, also contains:

A. at least 15 g of said proteinaceous material which must include at least the minimum daily requirements for man of all the essential L-aminoacids requied by man; and

B. from 15 to 75 g of said carbohydrate, and further characterized in that the total caloric value of said smallest amount of dietary formulation is in the range of from 160 to 600 Kcals.

and wherein the amount of said dietary formulation ingested daily by said individual is such that it provides said individual with: at least 15 g of said proteinaceous material; from 15 to 75 g of said carbohydrate; and 160 to 600 Kcals.

2. A method according to claim **1** wherein the caloric value of said smallest amount of the formulation is not greater than 400 Kcals and wherein the amount of the formulation ingested daily by said individual provides said individual with no greater than 400 Kcals.

3. A method according to claim **2** wherein the caloric value of said smallest amount of the formulation is not greater than 360 Kcals and wherein the amount of the formulation ingested daily by said individual provides said individual with no greater than 360 Kcals.

4. A method according to claim **1,** in which the said smallest amount of the formulation includes at least the minimum daily requirements of each of the vitamins required by man in substantially the relative proportions required by man and at least the minimum daily fatty acid requirements of man.

5. A method for the treatment of obesity in man, which comprises the steps of giving the overweight patient a daily diet consisting essentially of:

a. at least the minimum daily requirement of all the minerals required by man, including at least 800 mg calcium, 800 mg phosphorous, 140 μg iodine, 10 mg iron and 350 mg magnesium;

b. proteinaceous material selected from at least one member of the class consisting of:

i. a mixture of monomeric L-aminoacids, and

ii. natural proteins, and

iii. natural proteins reinforced with at least one monomeric L-aminoacid;

c. digestible carbohydrate;

d. at least the minimum daily requirement of all the vitamins required by man; and

e. sufficient fat, oil or other source of essential fatty acid to supply the patient's minimum fatty acid requirements;

said method being characterized in that the amount of proteinaceous material given daily is at least 15 g and contains at least the minimum daily requirements for man of all the essential L-aminoacids required by man, and the amount of carbohydrate given daily is from 15 to 75 g, and that the total caloric value of the daily diet is in the range of from 160 to 600 Kcals.

6. A method according to claim **5,** in which the total caloric value of the daily diet is not greater than 400 Kcals.

7. A method according to claim **5,** in which the minerals are given in substantially the relative proportions required by man.

8. A method according to claim **5,** in which the ratio by weight of the proteinaceous material to the digestible carbohydrate in the daily diet is in the range of from 1:1 to 1:5.

9. A method according to claim **5,** in which the proteinaceous material in the diet is or includes natural protein derived from at least one member of the class consisting of egg albumin, milk, soya beans, peanuts, fish and plasma.

10. A method according to claim **5,** in which the proteinaceous material in the diet is or includes natural protein derived from at least one member of the class consisting of milk, soya beans, peanuts, fish and plasma, reinforced with at least one monomeric aminoacid to adjust its aminoacid profile to that required by man.

11. A method according to claim **5,** in which the proteinaceous material is or includes a mixture of aminoacids produced by taking a protein hydrolysate (produced by subjecting a protein to hydrolysis by an acid or a proteolase), analysing its aminoacid profile and adjusting same to the optimum profile either by adding the required quantities of aminoacids or by passing the hydrolysate through suitable exchange resins.

12. A method according to claim **5,** in which the carbohydrate in the diet comprises a partially-hydrolyzed polysaccharide.

13. A method according to claim **1** wherein the caloric value of said smallest amount of the formulation is in the range of from 180 to 240 Kcals and wherein the amount of the formulation ingested daily by said individual provides said individual with 180 to 240 Kcals.

14. A method according to claim **5** in which the total caloric value of the daily diet is not greater than 360 Kcals.

15. A method according to claim **5** in which the total caloric value of the daily diet is in the range of 180 to 240 Kcals.

16. A method for treating obesity in which an individual ingests a daily diet consisting essentially of:

a. at least the minimum daily requirement of all the minerals required by man, including at least 800 mg calcium, 800 mg phosphorous, 140 μg iodine, 10 mg iron and 350 mg magnesium;

b. proteinaceous material selected from at least one member of the class consisting of:

i. a mixture of monomeric L-amino-acids, and

ii. natural proteins, and

iii. natural proteins reinforced with at least one monomeric L-amino-acid; and

c. digestible carbohydrate;